

Shrewsbury Parks & Recreation



*Tykes *New*
Basketball for
1st & 2nd
graders, more
info on page 3*



*Spring
Registration
Saturday
March 4th*

2005/2006 Winter Brochure

Registration opens

*Saturday, December 3, 2005
8-10AM at Parks & Recreation
100 Maple Ave (508)-841-8503*

Continues weekdays

M-F 8AM-12PM & 1-4:30PM

Department Staff

Angela Snell, C.P.R.P. Director

Gary Grindle, Recreation Supervisor

Jean Giles, Senior Account Clerk

Visit us on the web at www.shrewsbury-ma.gov



Policies

Registration & Program Information

Programs have enrollment limits, and sign-ups are accepted on a strict first-come basis. Registrations are non-transferable. Registration forms must be signed by a parent. A registration will not be accepted without a properly completed form. All registrations are subject to review for eligibility. **Programs are for residents unless otherwise noted with a non-resident fee, in which registrations will be accepted starting December 9th.** Seniors-60 and older, Adults-18 and older

Proxy Registrations

A person may submit another's registration form, provided the form is properly completed and signed and accompanied by the correct fee. (Wait until availability is confirmed before filling in their check). Limit of one per submitted (in addition to your own).

Refund Policy

Refunds are not allowed unless we receive written notification prior to the class starting and we are able to fill your space with someone from the waiting list. Refunds that are granted will be charged a \$5 administrative fee for programs less than \$50 and a \$10 administrative fee for programs \$50 or more. Otherwise refunds will not be allowed unless the program is canceled by the department.

Cancellation Policy

Programs may be canceled due to lack of enrollment, inclement weather and holidays. We also reserve the right to cancel any registration due to misprints or human error.

Cancellation Hotline

Contact 841-8336 for any cancellations due to inclement weather. (approximately 1 hour before the class starts)

Age & Grade Requirements for Programs

All programs are to follow the set grade or age limit that is specified in the brochure. The age limit required corresponds to the date of the first class. The grade limit required corresponds to the child's grade level in the fall.

Switching of Classes

Participants will not be allowed to switch or to change to different nights for any program.

Photo Policy....Smile

The recreation department and/or press will take pictures & video on occasion of participants for publicity purposes and for local cable. If you do not want to have you or your child photographed, please let us know on the registration form.

Advertisements

Programs and special events will be shown on Channel 30 and in the local newspapers.

Office Hours

Monday through Friday 8AM-Noon & 1PM-4:30PM

Valuables

The parks & recreation department is not responsible for any lost or stolen items. Valuables, in particular should not be brought to any program.

Code of Conduct

We ask all participants to respect the staff, other participants, age requirements, and the equipment. Please refrain from causing bodily harm to others and from using foul language. Additional rules will be announced at each program. If a participant fails to cooperate with the rules, the department reserves the right to dismiss or suspend a participant with no money refunded. Each situation will be evaluated by the director.

Parks & Recreation

Please contact us at 508-841-8503 with any questions.

Shrewsbury Special Needs Program
Special Olympics training and social activities for students ages 6 and older.
For a schedule of events please visit:
www.shrewsbury.ma.gov/parkrec/special

Save the Dates

Spring Registration-March 4th
Summer Registration-May 13th

Contacts for Local Sport Programs 2005

<u>Little League Baseball</u>	www.shrewsburylittleleague.com
<u>LL Girl's Softball</u>	www.shrewsburylittleleague.com
<u>Pop Warner Football</u>	www.shrewsburyyouthfootball.com
<u>Youth Hockey</u>	www.syha.net
<u>Youth Soccer</u>	www.shrewsburyyouthsoccer.org
<u>QRA (rowing)</u>	www.qra.org
<u>SCDC</u>	www.scdc.info
<u>Girls Youth Lacrosse</u>	www.townisp.com/~sgylax
<u>Ski Ward Race Team</u>	sd Kronld@aol.com

Senior Programs

Senior Line Dance

Line dance to music from the 40's, 50's and 60's. A variety of dance moves like the grapevine, hustle, hitch and Charleston will be used. (8 classes)

134140-A

Dates: 1/3-3/7 (no 1/17 & 2/21)

Day: Tuesday

Ages: Seniors

Time: 10-11AM

Res: \$15 Non-Res: \$20

Loc: Senior Center

Instructor: Joe Czarnecki

Winter Brochure 2005

Senior Recreational Bowling

Come and join the Senior Bowling League at the Town & Country Bowling Alley. This recreational league provides exercise and an enjoyable atmosphere. Weekly fee is \$7.50, which includes 3 games, donuts and coffee

Dates: ongoing **Fee:** \$7.50 (weekly)

Day: Tuesday **Ages:** Seniors **Time:** 1PM

Loc: Town & Country Bowl (corner of RT 9 & Oak St)



Senior Fitness & Nutrition

Exercise, and learn about improving your overall health by building strength, flexibility and eating healthy.

134050-A **Time:** 9:30-10:30AM

Res: \$20 **Non-Res:** \$25

Day: Wednesday **Ages:** Seniors

Location: Senior Center

Dates: 1/4-3/1 (no 2/22, 8 weeks)

Instructor: Karen McKenzie



Senior Painting Medium of Choice

This class will allow participants to become creative while using a variety of different painting methods with acrylic and water base paints. The class will also focus on drawing techniques. All abilities welcome. Materials are included.

134120-C **Time:** 10AM-12PM

Res: \$25 **Non-Res:** \$30 **Day:** Thursday

Dates: 1/5-3/2 (no 2/23) **Ages:** Seniors

Loc: Senior Center Art Room **Instructor:** Jenn Swan



Adults

Men's Informal Basketball "New location"

Get together with the guys and play some pick-up games on a weekly basis.

Basketball is great way to keep in shape during the winter months. **Participants can only register for one night of basketball.**

However, participants can register for a second night starting Friday December 9th if there is still availability. Non-Residents can register starting Wednesday December 9th if there is still availability. Non-Res: \$40

Ages: Adults 18 & over (10 weeks) **Res:** \$30

Time: 7:45-9:30PM **Loc:** Oak Middle School

Tuesday Night (30 & Over) # 133020-A

Dates: 1/3-3/21 (no 1/17 & 2/21)

Wednesday Night # 133020-B

Dates: 1/4-3/15 (no 2/22)

Thursday Night # 133020-C

Dates: 1/5-3/16 (no 2/23)



Co Ed Informal Volleyball

Pick-up games will be played for men and women during the fall months. Come out and join some of your friends while enjoying the game.

Pick-up games, no referees.

133210-A **Age:** Adults

Time: 7:45-9:30PM

Res: \$30 **Non-Res:** \$40

Loc: Oak Middle **Days:** Monday

Dates: 1/9-3/27 (no 1/16 & 2/20, 10 weeks)



Intermediate Yoga III (experienced)

This is the class for participants with yoga experience who may have a deeper understanding of yoga asanas, breathing and meditative practices. As always, you will do only what feels right to you in each class.

Please bring a thick yoga mat and a pillow or blanket.

Ages: Adults & 15+

133080-B **Day:** Tuesday **Loc:** Senior Center

Time: 6:30-7:30PM **Res:** \$48 **Non-Res:** \$55

Dates: 1/3-3/14 (no 1/10, 1/17 & 2/21, 8 classes)

Intermediate Yoga II

This class is for participants with a basic understanding of Hatha Yoga from a beginner class or consistent use of tapes/dvd's. I will review a variety of yoga styles and practices. Intermediate refers to what you understand - not what you can do. All levels of ability are welcome. Please bring a thick yoga mat and a pillow or blanket. **Instructor:** D Zeutas-Broer

133080-D **Day:** Monday **Loc:** Senior Center

Time: 5:40-6:30PM **Res:** \$48 **Non-Res:** \$55

Dates: 1/23-3/20 (no 2/20, 8 classes)



Salsa Dancing

Ray and Annette from "Salsa Storm" teach three of the hottest Latin dances (Salsa, Merengue and Bachata). Their teaching style makes for a comfortable, simplified, easy going and fun step by step instruction that makes it very simple for anyone at any level learn how to lead and follow. Singles and couples are both welcome!



Beginner- # 133014-A

Time: 7-8PM **Ages:** Adults

Dates: 1/5-3/2 (no 2/23) (8 classes)

Res: \$60 **Non-Res:** \$67 (per person) **Loc:** Beal School

Day: Thursday **Instructor:** Ray Gonzales

Ongoing, (previous experience)

Time: 8-9PM **Ages:** Adults

Dates: 1/12-2/16 (6 classes)

Res: \$45 **Non-Res:** \$52 (per person) **Loc:** Beal School

Day: Thursday **Instructor:** Ray Gonzales

Winter Brochure 2005

Total Fitness

Strength, flexibility, balance and improved bone density - get it all in one effective and fun class. This class will include low impact (kick it up a notch, if you choose) a mix of Latin dance, aerobics with cool, doable moves and some cardio-kickbox moves for core strengthening (abs, back, chest) and balance. Please wear supportive, athletic shoes, bring water and prepare to have a good time.

133090-A **Time:** 6-6:45PM
Res: \$33 **Non-Res:** \$40
Days: Thursday **Loc:** Beal School
Dates: 1/5-3/9 (no 2/23) 9 classes
Ages: Adults & 15+ **Instructor:** D Zeutas-Broer

Pilates "Ongoing" (some previous experience)



This class combines the core (back, abdominals and chest) for strengthening and stabilization. It is a full body stretching and strengthening experience for all levels of ability. Please bring a mat.

133080-E **Time:** 6:40-7:40PM
Day: Monday **Res:** \$40 **Non-Res:** \$47
Ages: Adults & 15+ **Location:** Senior Center
Dates: 1/23-3/20 (no 2/20, 8 classes)

Tai Chi & Chi Gong

The Tai Chi form is a method whereby a person can practice the maneuvers used in self-defense in order to develop internal power and external flexibility. Daily Tai Chi practice will enhance the quality of life.



Ages: Adults Simplified 24 form
133070-A **Time:** 6-7:30PM (varies by skill level)
Dates: 1/4-3/1 (no 2/22) (8 classes)
Res: \$34 **Non-Res:** \$41 **Loc:** Beal School
Day: Wednesday **Instructor:** Laurie Demers

Teen

Teen Yoga

This class will include asanas (movements and postures) for health, strength and flexibility as well as breathing for relaxation and focus. Yoga is wonderful for athletes and scholars. Dee believes in serious fun. Please bring a mat, an open mind and a sense of humor. **Instructor:** Dee



#132080-B **Time:** 5:30-6:20PM
Ages: 11-15 **Day:** Tuesday
Dates: 1/3-3/14 (no 1/10, 1/17 & 2/21, 8 classes)
Location: Senior Center **Res:** \$48

Teen Karate

A great program to help improve self-confidence, self-defense and self discipline for teenagers! **Location:** US TAE KWON DO Center Academy (Rte 9, next to Town Fair Tire)

132290-D **Time:** 6:40-7:25PM
Fee: \$40 (6 classes) **Dates:** 1/6-2/10
Day: Friday **Ages:** 12 and up



ARC Babysitter's Training Course

Our American Red Cross Babysitter's Training Course will provide 6-8th grade students with training in leadership, safety and safe play, basic care, first aid and professionalism. The course information gives students the basic skills necessary to provide safe and responsible care for children in the absence of parents or guardians. The course is being offered through a partnership with the Shrewsbury Child Development Committee and Shrewsbury Parks and Recreation Department.



132250-A **Time:** 6:15-8:30PM **Grade:** 6-8th
Day: Wednesday **Loc:** Sherwood Middle School Room 137
Dates: 1/4-1/25 (4 classes) **Res:** \$45

132250-B **Time:** 6:15-8:30PM **Grade:** 6-8th
Day: Thursday **Loc:** Sherwood Middle School Room 137
Dates: 2/9-3/9 (no 2/23) (4 classes) **Res:** \$45

Youth

New Tiny Tykes Basketball 1st & 2nd Grade

This new program is designed to focus on skill development and introduce children to the basis rules of the game. Children will learn the fundamentals of dribbling, passing and shooting. This program is non-competitive (low-keyed), thus focusing more on skill development and having fun!



A limit number of children will be accepted
Instructor: Mo Tucker

Grade: 1st **Location:** Coolidge School
132020-G **Time:** 6-6:45PM
Dates: 1/4-2/8 **Day:** Wednesday **Res:** \$45 (6 weeks)

Grade: 2nd **Location:** Coolidge School
132020-H **Time:** 6:50-7:35PM
Dates: 1/4-2/8 **Day:** Wednesday **Res:** \$45 (6 weeks)

Winter Brochure 2005

Registration Now Being Accepted!!!!

Forms are available in the office and include times, days and prices. Buffone Arena (Worcester).

Learn to Skate

Each class consists of a 25 minute lesson where the skaters learn the necessary skills to enjoy recreational ice skating or enter into a hockey or figure skating program. The program includes an optional 25 minute unsupervised practice on weekdays or free admission to Public Skating immediately following the class on weekends.



For ages 6-12

Basic Hockey "Skills & Drills"

This program is an excellent introduction for children 6 years and older who want to learn the basic skills necessary to enter into a youth hockey program. Equipment needed includes hockey helmet and gloves. **For ages 6 and older**

Claytime Pottery

Each week the children will have the opportunity to paint an unfinished piece of pottery that will be then glazed and fired in a kiln. During each session there will be Claytime staff available to provide instruction on a variety of different painting techniques. All of the dinnerware painted will be food safe once it's glazed and fired. **Location: Claytime Studio (Rte 9 in Shrewsbury, next to Dunkin Donuts)** **Grades: 1st-4th**



# 132120-A	Res: \$45	Time: 5:30-6:30PM
Dates: 1/18-2/8 (4 weeks)		Day: Wednesday

# 132120-B	Res: \$45	Time: 5:30-6:30PM
Dates: 1/19-2/9 (4 weeks)		Day: Thursday

TAE KWON DO (Beginners)

TAE KWON DO is a great form of exercise, develops self-confidence, teaches self-defense training and self discipline. A uniform is included with the program for new participants.

Program is designed for beginners who have not taken TAE KWON DO before.

Location: US TAE KWON DO Center Academy (Rte 9, next to Town Fair Tire)

# 132290-A	Fee: \$60 (10 classes)
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Dates: 1/3-2/7 (no 1/17)	Time: 5:50-6:35PM
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Day: Tuesday & Thursday	Ages: 5 to 11
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# 132290-B	Time: 9-9:45AM
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Fee: \$40 (6 classes)	Dates: 1/7-2/11
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Day: Saturday	Ages: 5 and up
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# 132290-C	Time: 10-10:45AM
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Fee: \$40 (6 classes)	Dates: 1/7-2/11
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Day: Saturday	Ages: 5 to 11
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Creative Art

Explore the many possibilities in art while trying a variety of techniques to help develop your skills in drawing, painting and collage. This will be a fun and creative environment for personal expression.

132120-D

Dates: 1/9-3/13 (no 1/16 & 2/20)

Res: \$35 (8 weeks)

Time: 4:30-6pm

Day: Monday

Grades: 3rd-6th

Instructor: Jenn Swan

Location: Ray Stone Post



Special Needs Bowling

This program will help children learn the fundamentals of bowling. They will also socialize, meet new friends and help develop motor skills. All bowling fees and shoes will be included in the price. (8 weeks)

135180-A Res: \$20

Time: 4:30-5:30PM

Dates: 1/3-3/7 (no 1/17 & 2/21)

Day: Tuesdays

Instructor: Staff

Location: Town & Country Bowl

Grades: 1-6th Special Needs Students



Young Children

Sign-up now!!!

Registration Forms are available in the office and include times, days and prices. Buffone Arena (Worcester)

Facility Management- 781-871-7681

Tiny Blades Skating

Each class consists of a 25 minute lesson where skaters learn the necessary skills to enjoy recreational ice skating or enter into a hockey or figure skating program. The program includes an optional, unsupervised 25 minute practice on weekdays or free admission to public skating immediately following the class on weekends. **Ages 4-6**

Tots, Tykes & Me Skating

Each class consists of a 25 minute lesson and includes an optional, unsupervised 25 minute practice. For this program, each child must have an adult participating with them on the ice. **Ages 2.5-4 with adult**

Tykes Hockey

Each class consists of a 25 minute lesson where skaters learn the necessary skills to enter into a hockey program. The program includes an optional, unsupervised 25 minute practice on weekdays or free admission to public skating immediately following the class on weekends. **Ages 4-6**

Winter Brochure 2005

Gymnastics

Each structured class is 45 minutes in length, which is designed to introduce basic gymnastic skills and stimulate gross motor skill development. The use of special preschool equipment, in addition to the safe use of all gymnastics equipment, develops and refines motor skills, coordination and self confidence. The ratio will be 8 students to 1 instructor. **Location:** **Gymnastics Learning Center, located at 574 Lake Street in Shrewsbury**



# 131150-A	Time: 2:15-3pm
Fee: \$69	Dates: 1/4-3/1 (no 2/22)
Ages: 4 & 5	Day: Wednesday (8 classes)
# 131150-B	Time: 11-11:45am
Fee: \$69	Dates: 1/5-3/2 (no 2/23)
Ages: 4 & 5	Day: Thursday (8 classes)

All By Myself

Your child will have fun participating in circle time with books and discussions, small and large motor activities, art projects, cooperative play and age appropriate lessons. Through structured play and discovery learning, your child will have the opportunity to increase their social development, self-esteem and independence. Each week, the activities will vary and be based on a theme. Child must be at least 3, but no older than 5 at the start of the first class and can only attend one day per session. **Children must also be potty trained. Loc: Ray Stone Post**



Res: \$70 (8 weeks) **Instructor: Ann Morrissey**
131040-A Day: Wed. Time: 10:45AM-12:30PM
131040-B Day: Thurs. Time: 10:45AM-12:30PM
131040-C Day: Fri. Time: 10:45AM-12:30PM
Wednesday dates: 1/4-3/1 (no 2/22)
Thursday dates: 1/5-3/2 (no 2/23)
Friday dates: 1/6-3/3 (no 2/24)

Tiny Bubbles

The child & parent will have the opportunity to design and work with age appropriate projects. Each project will allow the child to become creative in a safe and fun atmosphere. All pottery projects will be glazed and fired in a kiln. **Location: Claytime Studio (Rte 9 in Shrewsbury, next to Dunkin Donuts)**



132120-C **Ages: 2-4 (with parent)**
Res: \$45 **Time: 10-11AM**
Day: Monday **Dates: 1/23-2/13 (4 weeks)**

Just You & Me

This class is designed to give you the opportunity to spend quality time with your toddler and have fun, too. Together you will play games, sing songs, do crafts, and more. Each week, the activities will vary and be based on a theme. Parent or adult must be able to stay with child at all times and participate. Child must be at least 2 and no older than 3 at the start of the first class. (one class per child)



Instructor: Ann Morrissey **Ages: 2 & 3 (with parent)**
Res: \$40 per child (8 weeks) **Loc: Ray Stone Post**
(Parking at Upper Dean Park lot, by pond, Main Street)
131040-E Day: Thursday Time: 9:45-10:30AM
131040-F Day: Friday Time: 9:45-10:30AM
Thursday dates: 1/5-3/2 (no 2/23)
Friday dates: 1/6-3/3 (no 2/24)

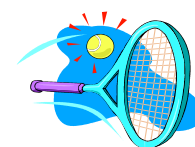
Preschool Kids Crafts

This class encourages parent and child interaction in a creative and challenging environment for the child, along with social involvement with other preschool children. Classes give children the opportunity to use paints and glue, while designing art projects. **Ages: 2-4 (with parent),** **Location: Ray Stone Post**
131120-A Time: 9-9:45AM
Dates: 1/11-2/15 Day: Wednesday
Res: \$45 (6 weeks)



Pee-Wee Tennis

A unique and fun class that teaches the young players the basics of tennis, improves hand- eye coordination and self confidence. Sneakers required, a few racquets are available for use.



131010-A (6 weeks)
Time: 1:15-2PM **Ages: 4-6**
Fee: \$55 **Dates: 1/10-2/28 (no 1/17 & 2/21)**
Days: Tuesdays **Location: Mass Health & Fitness**

Dance*New*

The dance class offered at Bounce will introduce the kids to a variety of dance including tap, ballet, jazz and hip hop. We will also incorporate special crafts, dance routines and free dance! **Located at Father Smith Center on Route 9 (behind St. Anne's Church and next to Claytime).**
131140-A **Days: Mondays**
Time: 9:30-10:15AM **Ages: 2.5-5**
Fee: \$40 **Dates: 1/23-2/13 (4 weeks)**

